



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09352, Blueberries, canned, light syrup, drained

Report Date: June 29, 2017 22:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	75.72	3	1.411	72.91	77.37	2.0	69.647	81.787	1	Analytical or derived from analytical	--	04/2008
Energy	kcal	88	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Energy	kJ	370	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Protein ¹	g	1.04	3	0.021	1	1.06	2.0	0.951	1.132	1	Analytical or derived from analytical	--	04/2008
Total lipid (fat) ¹	g	0.40	3	0.020	0.36	0.42	2.0	0.314	0.486	1	Analytical or derived from analytical	--	04/2008
Ash ¹	g	0.18	3	0.012	0.16	0.2	2.0	0.13	0.23	1	Analytical or derived from analytical	--	04/2008
Carbohydrate, by difference	g	22.66	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Fiber, total dietary ¹	g	2.6	3	0.065	2.5	2.8	2.0	2.37	2.93	1	Analytical or derived from analytical	--	04/2008
Sugars, total ¹	g	17.45	3	0.337	17.01	18.12	2.0	16.001	18.904	1	Analytical or derived from analytical	--	04/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.41	3	0.199	0.14	0.8	2.0	-0.45	1.263	1	Analytical or derived from analytical	--	04/2008
Glucose (dextrose) 1	g	8.62	3	0.247	8.23	9.08	2.0	7.557	9.682	1	Analytical or derived from analytical	--	04/2008
Fructose 1	g	8.43	3	0.165	8.2	8.75	2.0	7.715	9.138	1	Analytical or derived from analytical	--	04/2008
Lactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2008
Maltose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2008
Galactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2008
Minerals													
Calcium, Ca 1	mg	6	3	0.700	5	7	2.0	3.088	9.112	1	Analytical or derived from analytical	--	04/2008
Iron, Fe 1	mg	0.43	3	0.051	0.33	0.5	2.0	0.209	0.651	1	Analytical or derived from analytical	--	04/2008
Magnesium, Mg 1	mg	4	3	0.371	3	5	2.0	2.536	5.73	1	Analytical or derived from analytical	--	04/2008
Phosphorus, P 1	mg	12	3	1.067	10	13	2.0	7.344	16.523	1	Analytical or derived from analytical	--	04/2008

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Potassium, K 1	mg	54	3	5.568	43	61	2.0	30.044	77.956	1	Analytical or derived from analytical	--	04/2008
Sodium, Na 1	mg	3	3	0.145	2	3	2.0	1.908	3.158	1	Analytical or derived from analytical	--	04/2008
Zinc, Zn 1	mg	0.09	3	0.009	0.08	0.11	2.0	0.054	0.134	1	Analytical or derived from analytical	--	04/2008
Copper, Cu	mg	0.053	--	--	--	--	--	--	--	--	Calculated or imputed	09052	04/2009
Manganese, Mn 1	mg	0.440	3	0.047	0.37	0.53	2.0	0.237	0.643	1	Analytical or derived from analytical	--	04/2008
Selenium, Se	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	09052	04/2009
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.5	3	0.189	0.3	0.9	2.0	-0.3	1.327	1	Analytical or derived from analytical	--	04/2008
Thiamin 1	mg	0.046	3	0.011	0.03	0.07	2.0	-0.002	0.095	1	Analytical or derived from analytical	--	04/2008
Riboflavin 1	mg	0.132	3	0.008	0.12	0.14	2.0	0.098	0.165	1	Analytical or derived from analytical	--	04/2008
Niacin 1	mg	0.363	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2008
Pantothenic acid 1	mg	0.041	3	0.000	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	04/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.049	2	--	0.05	0.05	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Folate, total	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	09052	04/2009
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Folate, food	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	09052	04/2009
Folate, DFE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Choline, total	mg	4.0	--	--	--	--	--	--	--	--	Calculated or imputed	09052	04/2009
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Carotene, beta	µg	22	--	--	--	--	--	--	--	--	Calculated or imputed	09052	04/2009
Carotene, alpha ¹	µg	0	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Cryptoxanthin, beta ¹	µg	0	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Vitamin A, IU	IU	36	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Lycopene ¹	µg	0	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Lutein + zeaxanthin	µg	53	--	--	--	--	--	--	--	--	Calculated or imputed	09052	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol) ¹	mg	1.38	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Tocopherol, beta ¹	mg	0.01	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2008
Tocopherol, gamma ¹	mg	0.46	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2008
Tocopherol, delta ¹	mg	0.03	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2008
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Vitamin K (phylloquinone) ¹	µg	19.9	2	--	18.3	21.6	1.0	--	--	1	Analytical or derived from analytical	--	04/2008
Lipids													
Fatty acids, total saturated	g	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
16:0	g	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
18:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
Fatty acids, total monounsaturated	g	0.062	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
18:1 undifferentiated	g	0.060	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
Fatty acids, total polyunsaturated	g	0.190	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
18:2 undifferentiated	g	0.114	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
18:3 undifferentiated	g	0.075	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09050	04/2009
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD